

### **ABSTRACT OF THE DISCLOSURE**

Headband for headwear having a crown portion, the headband being attached to and extending around the lower inside edge of the crown portion. The headband is made of fabric or knitted textile as a covering portion with a mesh lining tape inserted on the inside thereof. The covering portion and liner are sewn together, preferably with stretch yarn, in a chain-like pattern to provide excellent expandability without the need for a separate size controller. The mesh lining tape improves the ventilation provided through the headband, while also serving to retain the overall uniform shape of the crown portion of the cap when the cap is removed.